

Testimonials/Comments from participants:

"It was great that we could partner with each other – like calling one another regarding action plans and encouraging us like our peer leaders did."

"I thank you all for changing my lifestyle completely. I have seen a significant change in my day to day life, learned how to eat healthy and more exercise. I was not eating vegetables but now I like to eat most vegetables and fruits with exercise. I have even lost some weight...I hope this program will go on."

"I learned how to better fight my incessant pain. If one approach doesn't work, I now have many to try. The best use of my time. Results!"

"It's very conducive workshop. In a very relaxing environment, people share opinions and learn new things. The approach to manage diabetes is very integrative, not just through medication, but also through diet, exercise, depression management, relaxation, positive thinking, etc. I enjoyed it very much! Thank you very much!"

"This was a great class for me. 4 weeks ago my blood sugar was 120, today it is 104."

"Lost 12 1/2 pounds due to Action Plan."

"I loved this program and the instructors. I learned a lot about diabetes and how to better care for my health. It has me focused on my eating, exercise and mental health. I have great tools now that I've been able to practice every week in class that is giving me a chance. Need to do better advertising for the class! People need to take it."

"I recommend this class to everyone who is diabetic both new and long term to help understand the importance of eating right and checking blood sugar on a regular basis. I came in overwhelmed and uninformed and this class has helped me to feel I can now handle my diabetes and keep it in control, I went from 11.4 to 6.6 in 3 months' span. Thank you both for all you have taught me and the confidence to go forward and not be so overwhelmed."

"Outstanding program. Enabled me to focus on my carb intake and reduce my ALC from 6.8 to 6.1. Will recommend course to my doctor and friends that have diabetes. Great job!!!"

" Writing an Action Plan and then telling someone else you will do something and then having to report your results, really helped a lot! The problem solving was also beneficial - when someone else can listen and then help to see what traps you have fallen into and offer ways to avoid it in the future, it really helps."

" Several people in the class were non-compliant in the beginning. That's why they were there. And after a bit they became compliant and started having success in managing what they had tried and failed to do previously. I saw other people in this class change where I didn't think it was possible. Something happened in this class with our attitudes which allowed us to have incredible success where we experienced failure for a long time. This class was so exciting and so encouraging."

"It was amazing to see that many of us share the same emotions because of a Diabetes diagnosis. And that in this group we shared openly and honestly those feeling and felt comfortable enough to cry and accept the kindness of others".

"I love this class. The instructors gave me help with my self confidence. I went down 2 dress sizes in 6 weeks. These instructors are my angels."

"This is the very best thing I've ever done for myself and my condition. I learned a lot. But more important - I met a lot of new friends!"

"I felt OK to not be perfect. The leaders made that clear. Its still movement forward and I'll get better with practice. This was a good group - a mix of new and old diagnoses and it all came together and worked. And I discovered new solutions that work. Thank you!!"

" I recommend this class to everyone who is diabetic, both new and long term to help understand the importance of eating right and checking blood sugar on a regular basis. I came into this class overwhelmed and uninformed and this class has helped me to feel I can now handle my diabetes and keep it in control. My A1C went from 11.4 to 6.6 in 3 months. Thank you both for all you have taught me and the confidence to go forward and not be so overwhelmed. "

"Outstanding program. Enabled me to focus on my carb intake and reduce my A1C from 6.8 to 6.1. Will recommend this course to my doctor and friends!"

"I loved this program and the instructors. I learned a lot about diabetes and how to better care for my health. It has me focused on my eating, exercise and mental health. I have great new tools that I've been able to practice every week. I feel like I have a chance again!"

Testimonials/Comments from participants and leaders